

WHEN YOU QUIT

What happens to your body when you quit smoking? According to the American Cancer Society...

- **20 minutes after quitting:** Your blood pressure drops. Your hands and feet warm up.
- **8 hours after quitting:** The carbon monoxide level in your blood drops to normal.
- **24 hours after quitting:** Your chance of a heart attack decreases.
- **2 weeks to 3 months after quitting:** Your circulation improves and your lungs perform better.
- **1 to 9 months after quitting:** Coughing, sinus congestion, tiredness, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) return to normal, increasing the ability to handle mucus, clean the lungs, and reduce infection.
- **1 year after quitting:** The increased risk of heart disease is half that of a smoker's.
- **5 to 15 years after quitting:** Your stroke risk is reduced to that of a nonsmoker.
- **10 years after quitting:** The lung cancer death rate is 50 percent lower than it is for continuing smokers. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decreases.
- **15 years after quitting:** The risk of heart disease is that of a nonsmoker's.

Washington State Department of Health

**Toll-free
1-877-270-STOP
1-877-270-7867**

**Spanish Line
1-877-2NO-FUME
1-877-266-3863**

**For people with
hearing impairments
TTY 1-877-777-6534**

Quitline.com



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Washington State Department of Health

**FREE, PERSONALIZED HELP.
JUST FOR YOU.**



MORE PEOPLE ARE QUITTING FOR GOOD

If you smoke or chew tobacco, chances are you'd like to quit.

Today, more and more people are kicking the habit and quitting for good. You can be on your way to freedom by calling Washington's Tobacco Quit Line.

New research shows that those who call the quit line double their chances of success.

Call
1-877-270-STOP (7867)
toll-free to speak
with a trained expert
on quitting.



FREE, CONFIDENTIAL, AND INDIVIDUAL ATTENTION

Quit Line Hours:
Every day: 5 a.m. to 9 p.m.

If you call at other times, we'll call you back.

Unsure about calling?

Visit www.quitline.com to get tips on quitting, hear a sample call, or meet the quit line specialists.

INFORMATION TO HELP YOU SUCCEED

- Private counseling and support
- A quit plan made for you
- Skills to help you succeed in quitting
- Information on resources, such as insurance benefits and stop smoking programs where you live
- A Tobacco Quit Kit mailed to you

We'll help you plan.



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